



King County



*American Red Cross
Lifeguard Training Course
At
Weyerhaeuser
King County Aquatic Center
650 SW Campus Dr
Federal Way, WA 98023
206-296-4444 or 253-927-5173
Mid-Winter Break
February 15-19, 2004*

COST: ARC Lifeguard Training Course \$99.00

*Book and Pocket Mask to be purchased from your local American Red Cross Chapter
Lifeguard Training Manual: \$34.95*

Pocket Mask: \$12.25

CLASS DAYS AND TIMES:

Sunday February 15th - Prerequisite Swim test and CPR/FPR 8:00 AM - until done.

Monday - Thursday 8:30-4:30 PM

SWIM TEST:

1. Swim 500 yds continuously, using these strokes in the following order:

- * 200 Yrds of front crawl using rhythmic breathing and a stabilizing, propelling kick.*
- * 100 Yrds of Breaststroke*
- * 100 Yrds of Sidestroke (50yds on left and 50 yds on right.)*
- * 100 Yrds of your choice*

2. Swim 20 yds using front crawl stroke or breaststroke, surface dive down to a depth of 10 ft, retrieve a 10 lb brick, return to the surface, and swim 20 yds back to the starting point with the brick.